

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

December Program Highlights

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "Is Laughter really the best medicine? A discussion of ways laughter benefits mood and general health."

Date: Thursday, December 10
Sign-up by Tuesday, December 8
Time: Noon
Cost: \$4.68 (Regular meal cost)

Holiday Luncheon

Celebrate the holidays with us! Lunch will include baked ham, candied sweet potatoes, green bean almondine, fruit ambrosia and cherry pie. Enjoy the tradition of pulling Crackers (a festive party favor).

Date: Thursday, December 17
Sign-up by Thursday, December 11
Time: Noon
Cost: \$4.68 (Regular meal cost)

Artful Creations

Create unique and fun and delicious art work! This month is sugar cookie decorating!

Date: Wednesday, December 9
(Register at least 5 days before start)
Time: 1:00 p.m. **Cost:** \$5.00

The Inside Scoop: Education & Ice Cream Fire Prevention and Safety

Learn about fire prevention and safety while enjoying ice cream with a crew from the Urbana Fire Station.

Date: Tuesday, December 15
Time: 6:00 p.m. **Cost:** Free

**New Trip Registration begins
Tuesday, December 15, 9:00 a.m.**

Holiday Caroling

Gather round the piano for some holiday caroling. Enjoy some light refreshments.

Date: Monday, December 14
Time: 1:15 p.m. **Cost:** Free

Ambulance Subscription Service

Wondering what the ambulance subscription service is all about? Come learn the details and how it might benefit you.

Date: Tuesday, December 15
Time: 11:30 a.m. **Cost:** Free

Morning Exercise

Come exercise with us! These videos are made especially for seniors. Videos may include stretching, strength, balance, mobility and cardio exercises. Bring a light pair of weights for Tuesday exercise.

Date: Mondays: Mobility/Stamina (30 min)
Tuesdays: Strength/Balance (50 min)
Wednesdays: Stretching (45 min)
Thursdays: Variety (30-50 min)
Time: 10:45 a.m.
Cost: Free, video exercise, no instructor

Sweet Treat Bingo

Before you begin your New Year's resolutions indulge in some sweets! We'll play bingo and the prizes will be sweet treats!

Date: Thursday, December 31
Time: 1:00 p.m.
Cost: Bring sweet treats for bingo prizes

Music/Dance/Karaoke Night

Get your foot tapping, break out in song, and let loose! The dance floor is open!

Date: Tuesday, December 1
Time: 6:00 p.m. **Cost:** Free

(see other side for calendar of activities)